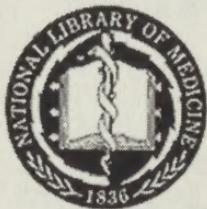


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PALMYRA SPRINGS SANITARIUM

NATIONAL LIBRARY OF MEDICINE
Bethesda, Maryland



The Sanitarium is Open All the Year.

Palmyra Springs Sanitarium

Palmyra, Wisconsin



An institution devoted to the care and treatment of the sick, and an ideal retreat for those seeking quiet and rest.



LAWRENCE H. PRINCE, M.D.,
MEDICAL SUPERINTENDENT.

CHARLES A. BIRNEY,
BUSINESS MANAGER.

CONSULTING STAFF:

FRANK BILLINGS, M. D., 100 State St., -	Chicago	A. J. OCHSNER, M. D., 710 Sedgwick St., Chicago
R. S. DEWEY, M. D., 34 Washington St., -	"	HUGH T. PATRICK, M.D., 34 Washington St., "
JOHN M. DODSON, M. D., 34 Washington St., "	"	RALPH CHANDLER, M. D., - Milwaukee, Wis.
JAS. H. ETHERIDGE, M. D., 37 Washington St., "	"	J. R. McDILL, M. D., - - "
HENRY B. FAVILL, M. D., 138 Pine St., "	"	G. D. LADD, M. D., - - "
HAROLD N. MOYER, M. D., 103 State St., "	"	R. G. SAYLE, M. D., - - "
U. O. B. WINGATE, M. D., -	Milwaukee, Wis.	



EAST FROM ROOF OF SANITARIUM.

NLM

9/7/60

Palmyra Springs Sanitarium

Is especially designed for the care and treatment of sick people, and for the building up of those just recovering from severe illness or surgical operations. It also offers to those seeking rest and recreation an ideal, home-like retreat, combining the comforts of a well-organized and fully-equipped establishment, with freedom from the restraints and obligations of fashionable resorts. The Sanitarium will receive for care and treatment all classes of cases excepting insanity, epilepsy, alcoholism and contagious diseases. The treatment in each case will be rational and scientific, and according to the latest advancement in medicine.

In addition to the ordinary facilities common to first-class city institutions for the treatment of disease, the Sanitarium is especially well prepared for the treatment of those conditions requiring quiet, rest, pure air and pure food. It is so situated as to furnish all these in abundance.

The Sanitarium is open all the year.



PARLOR.

Location

The location of the Sanitarium is ideal. Situated on the margin of **Mineral Springs Lake**, it commands a charming view of that beautiful body of water as well as of many miles of the most entrancing landscape in Wisconsin.

The Sanitarium Grove, a forest of native oaks comprising forty acres of land, encircles the western end of the lake. This grove affords all that can be desired for one seeking either shady walks, quiet nooks for rest or sandy beaches for bathing.

Within a short distance, on the north shore of the lake, is **Mineral Springs Park**, which contains a remarkable group of springs, six of which are especially worthy of notice and are described on pages 9, 11 and 13.

A mile from the Sanitarium, in plain view of the piazza, is the famous "**Kettle Range**," a reminiscence of the early glacial age. This range is dotted with numerous little lakes and gushing springs. The hills are romantic roving grounds, abounding in squirrel and rabbit.

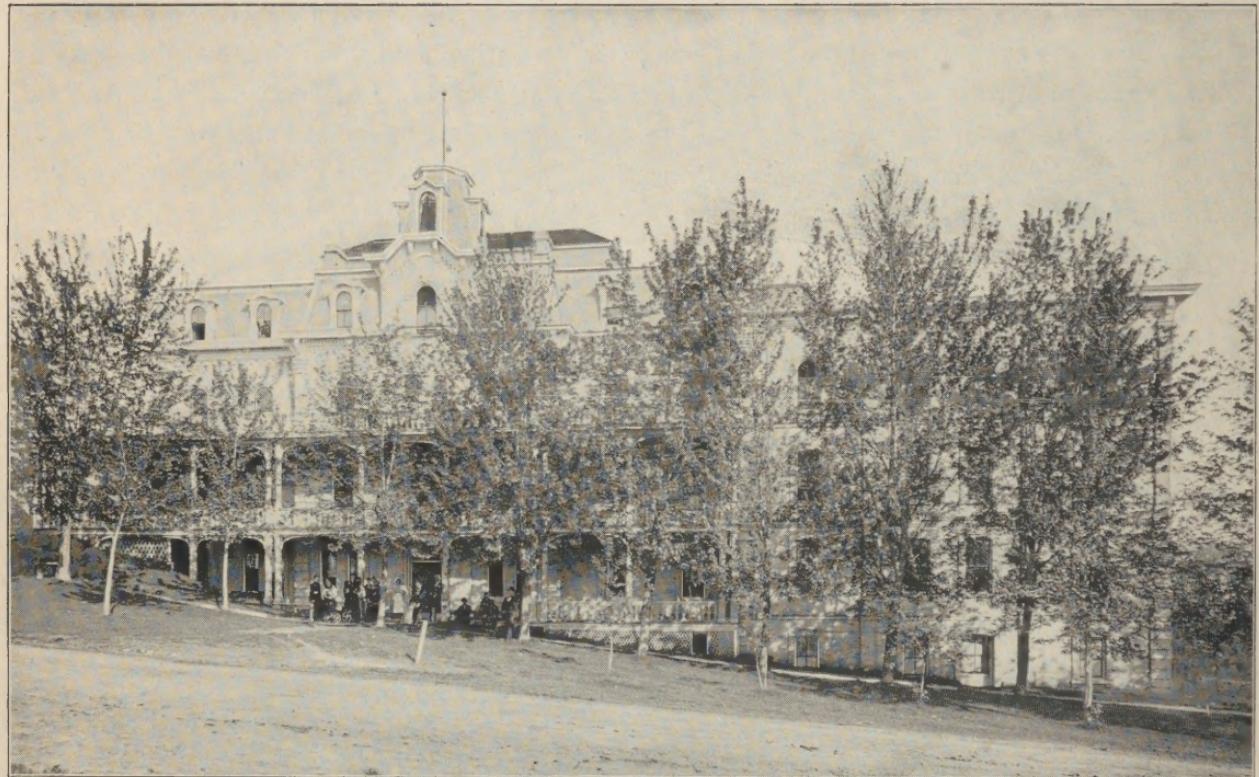
Palmyra is a pretty town of about a thousand inhabitants, forty miles west of Milwaukee, on the Chicago, Milwaukee & St. Paul Railroad. It is 850 feet above the sea; the soil is dry, sandy and porous, and the air is clear and invigorating. In every direction are



delightful drives to the numerous lakes and other interesting points, which make this part of Wisconsin so attractive. Silver, Green, Eagle, Delaven, Geneva, Oconomowoc and Nashotah lakes are within easy driving distance of Palmyra. Good livery can be had at reasonable prices.

Mineral Springs Lake, a small but beautiful body of water, lies but a few feet away from the Sanitarium. It is well stocked with rock and black bass, pickerel, and other gamey fish. It is not deep, is always smooth and safe, and affords excellent boating and bathing.





SIDE VIEW OF BUILDING.

The Springs

The most interesting and one of the most valuable features of the Sanitarium is its springs. They are many in number, and are all owned and controlled by the Sanitarium Company.

In Mineral Springs Park there is a cluster of six springs within a space of less than forty feet square. Each spring differs from the others in character, chemical combination and temperature, there being a difference of twenty degrees F. between the coldest and warmest. Within a few hundred feet is another group of springs, some of pure water and some very strong in iron.

The Great Geyser Spring at the base of the "Kettle Range," one and one-half miles from the Sanitarium, is truly a wonder. It is circular in form, over fifty feet in diameter, and twenty feet deep. The flow from this spring has been estimated at ten million gallons daily. At times this spring swarms with trout, bass and pickerel. It is so perfectly clear that the boiling sand at the bottom can be seen with absolute distinctness through the deep blue color of the water.

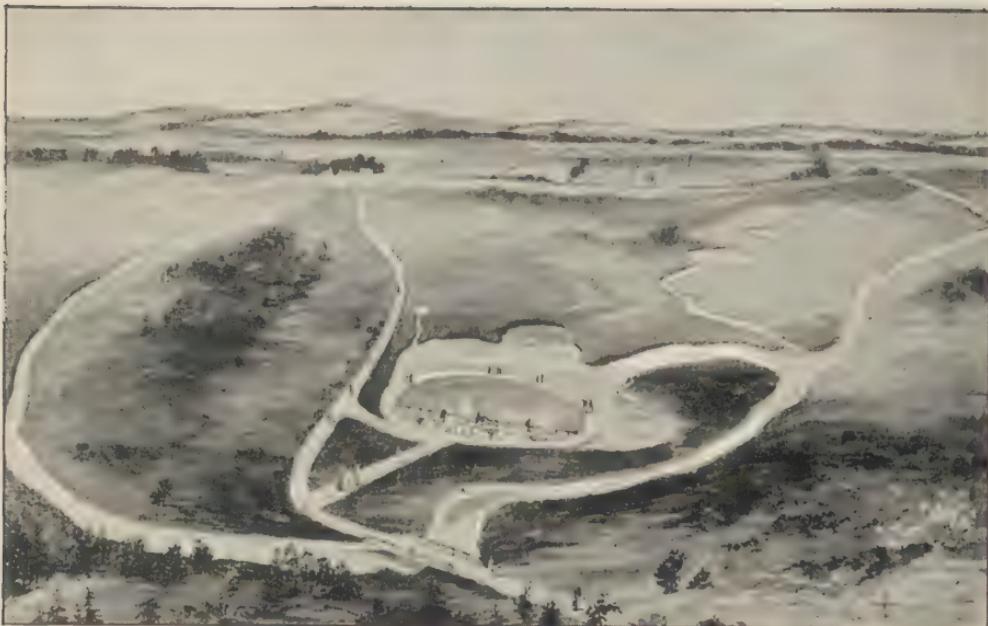


Within a short distance of the "Great Geyser" are scores of smaller springs, each one of them an interesting and fascinating study.

In his analysis of the waters from a number of these springs, Erasmus G. Smith, Ph. D., Professor of Chemistry at Beloit College, says:

"This (referring to the group in Mineral Springs Park) is an interesting and remarkable group of springs. Nos. 1 and 2 are waters of great brilliancy and clearness, and even on standing do not seem to lose their bright and transparent character or give any deposit. They are quite free from organic matters and are a fine, palatable, healthful drinking water.

"Spring No. 3 is marked in its larger amounts of sulphates and of magnesia; No. 4 by the amounts of sulphates, magnesia and iron; No. 5 by the excessive amount of iron, and No. 6 by the large amount of iron, also by the presence of bicarbonate of soda, rendering the water feebly alkaline. This last spring, No. 6, might fairly be classed among the alkaline chalybeate springs. Particular attention was paid to determining the sanitary quality of the water from the bluff near the Sanitarium, the **House Spring**, which is used daily on the table for drinking purposes, repeated tests proving that it is a water of marked freedom from organic or deleterious matters, and one admirably adapted to general drinking purposes."



BIRD'S EYE VIEW OF THE GREAT GEYSER SPRING.

Of the Great Geyser Spring, sometimes called the "Mammoth Aurelian," Professor Smith says:

"This spring is about twenty feet in depth, and upwards of fifty feet in diameter, the waters pushing up through a fine quicksand at the bottom. The waters are exceptionally clear and brilliant, contain no sediment, and even after standing for some weeks deposit none. I regard this as the most remarkable spring I have ever examined, both in the unusual flow and beauty of the spring itself, and the admirable quality of the waters. Clear, brilliant and sparkling, free from organic matters, with mineral salts in medium amount and in favorable combinations, this water is unquestionably a most desirable one, and one to be highly recommended.





FAIRVIEW SANITARIUM

Professor Smith gives the following as the result of his analysis of eight of the principal springs, the figures representing the amount of grains of the various salts in solution to one United States gallon of 231 cubic inches:

	No. 1	No. 2	No. 3	No. 4	No. 5	No. 6	House Spring	Great Geyser
Potass. Sulphate.....	.256	.285	.192	.244	.204	.279	.548	.139
Sodium Chloride.....	.285	.186	.215	.209	.209	.209	.478	.151
Sodium Phosph.....	.121	.104	.116	.011	.034	.040	.104	.069
Sodium Sulphate.....		.332	.128	.209	.233	.139	.116	.262
Sodium Bicarbonate204		
Magnesium Bicarbonate	11.888	11.748	13.061	12.496	11.598	10.731	11.615	10.335
Calcium Bicarbonate...	15.079	16.070	15.487	15.725	14.373	14.034	14.293	13.715
Calcium Sulphate991	.500	1.148	1.078	.128		.952	.322
Alumina.....	.023	.023	.034	.046	.034	.023	.052	.034
Iron Bicarbonate052	.052	.256	.542	.902	.775	.110	.075
Silica793	.816	.840	.760	.874	.897	.732	.874
Total	29.488	30.116	31.447	31.329	28.589	27.331	29.000	25.980



The Sanitarium Building • • •

Is four stories in height, built of cream colored brick, the walls being over two feet in thickness. There are spacious halls and corridors, and a long, wide, generous veranda on three floors, from which a grand view of the surrounding country is obtained. The building is heated by steam, lighted by gas, and the plumbing is of the most modern and improved pattern. A passenger elevator runs from the bath rooms to the top story. The walls and ceilings are tinted and frescoed in oil. The rooms are all of good size, with high ceilings, hard-wood floors and electric call-bells. Sunlight reaches every room sometime during the day. During the cold months the verandas are enclosed with glass and heated by steam.

The Bath Rooms are thoroughly equipped for giving Turkish, Russian, vapor, salt, electric and plain baths, and are presided over by expert attendants, who are also professional masseurs. The bath rooms are reached from each floor by a passenger elevator.

Massage and Electricity enter largely into the treatment of certain forms of disease, and we are thoroughly prepared to administer either as required.

The Gymnasium and Swedish Movement Rooms are well equipped, communicate with the bath rooms, and are under the management of skilled attendants.



Trained Nurses. Patients will be cared for by **trained nurses** under the constant supervision and training of the Sanitarium staff.

Food. We aim to give the closest attention to the matter of food, selecting only the best that the market affords, and preparing it in the most wholesome way. Our own gardens furnish an abundance in season, and our eggs, milk, cream and butter are always fresh and pure.



POND LILY BAY.



Expense to Patients

The charges vary from \$16 upwards per week, depending upon the location and size of the rooms, and upon the nature of the case. The price stipulated includes room and board, medical attendance, physical examination, urinalysis, ordinary nursing, medicines, electricity, massage, baths, and such other treatment or care as may be prescribed from day to day by the Sanitarium physicians. Surgical operations and consultations with outside physicians, where this is requested by the patients, will be charged for extra.

Where a special day or night nurse is desired or required, an extra charge will be made.

No extra charge will be made to patients for the service of meals in their rooms, nor for such other extra service of a like nature as may be deemed best for the patient by the physician in attendance.

Expense to Guests

Room and board, one person, per week.....	\$16 00 to \$16 00
One room and board, two persons, per week.....	18 00 to 26 00
Transients, per day.....	2 00 to 3 00

Guests will be charged reasonable rates for Electro-Thermal, Turkish, Russian, Sea Salt or Sulphur, Plain Shampoo, Plain Tub, and Shower Baths, Massage, Electricity, and for Mechanical Swedish Movement Exercises.

Bicycles, tennis outfits, hammocks, fishing tackle, etc., brought by guests or patients will be properly cared for by us free of charge.



Points of Interest

Driving Distance from Palmyra Springs Sanitarium.

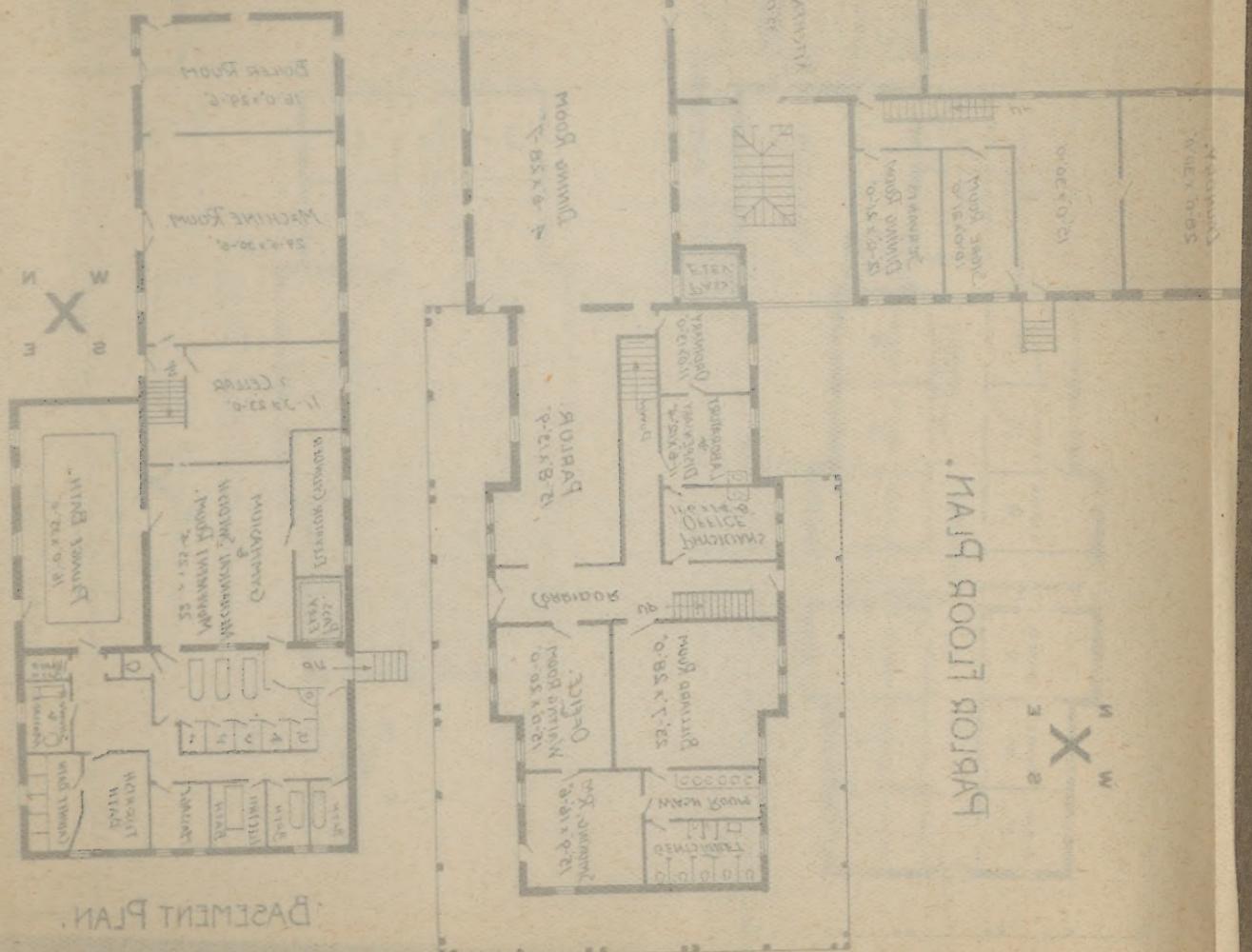
Great Geyser Spring.....	1 $\frac{1}{2}$ miles	Lower Nashotah Lake.....	19 miles
Top of Bald Bluff.....	3 $\frac{1}{2}$ "	Waukesha.....	20 "
Silver Lake.....	7 $\frac{1}{2}$ "	Upper Nashotah Lake.....	20 "
Green Lake.....	9 "	La Belle Lake.....	20 "
Pretty Lake.....	9 "	Oconomowoc Lake.....	21 "
Eagle Lake.....	9 $\frac{1}{2}$ "	Nagawicka Lake	21 "
Otter Lake.....	9 $\frac{1}{2}$ "	Okauchee Lake.....	22 "
Golden Lake.....	10 "	Pewaukee Lake.....	23 "
Crooked Lake.....	15 "	Pine Lake.....	23 "
Phantom Lake.....	16 "	Geneva Lake.....	23 "
Delavan Lake.....	18 "	Como Lake.....	23 "
Nehmabin Lake.....	18 "	Lake Mills.....	25 "
Koshkonong Lake.....	19 "		

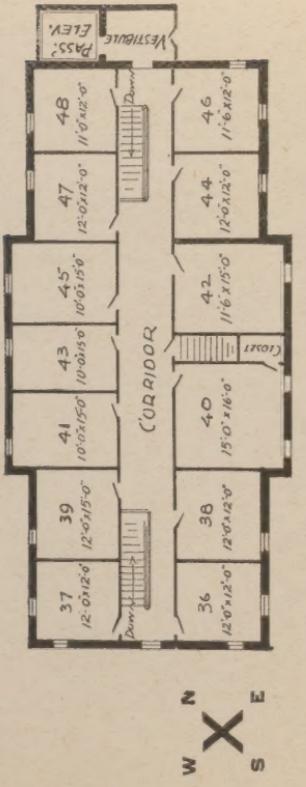
REMOVAL NOT
CHICAGO OFFICE
Suite 808 Reliance Building,
100 State Street.
Hours 9 to 8 Tuesdays
Tel. Central 889

Chicago Office • • •

Dr. Lawrence H. Prince, the Medical Superintendent, may be seen at the Chicago office of the Sanitarium, 912 Venetian Building, 34 Washington Street, Wednesdays and Thursdays, between 10 and 11 o'clock, or some other representative of the Sanitarium on other days at the same place and hour. The Chicago office telephone is Main 46.

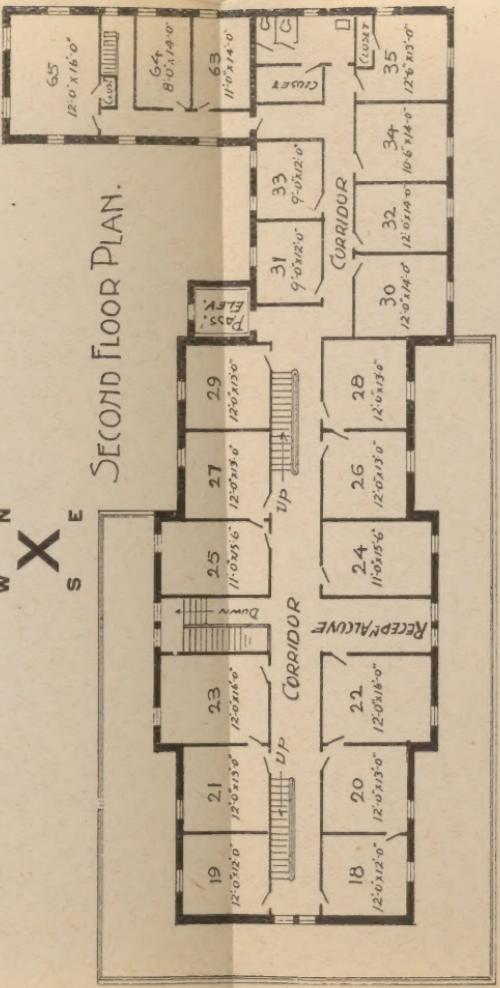
DAIRY FARM LAYOUT PLAN.



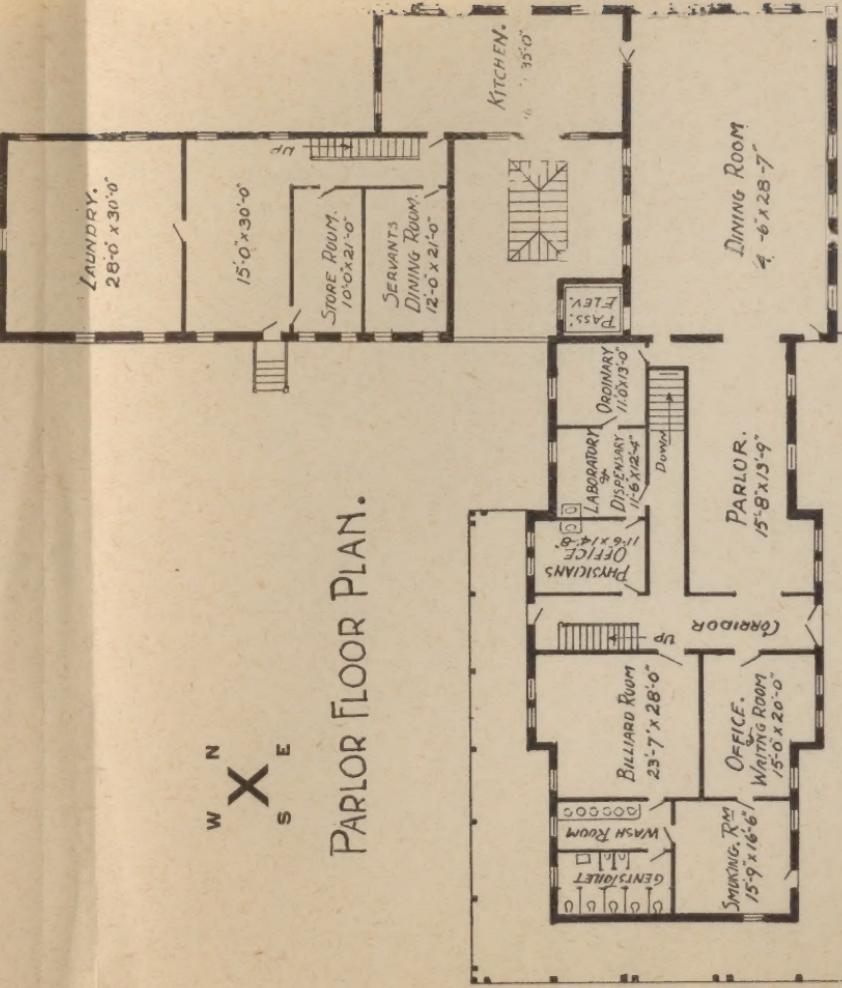
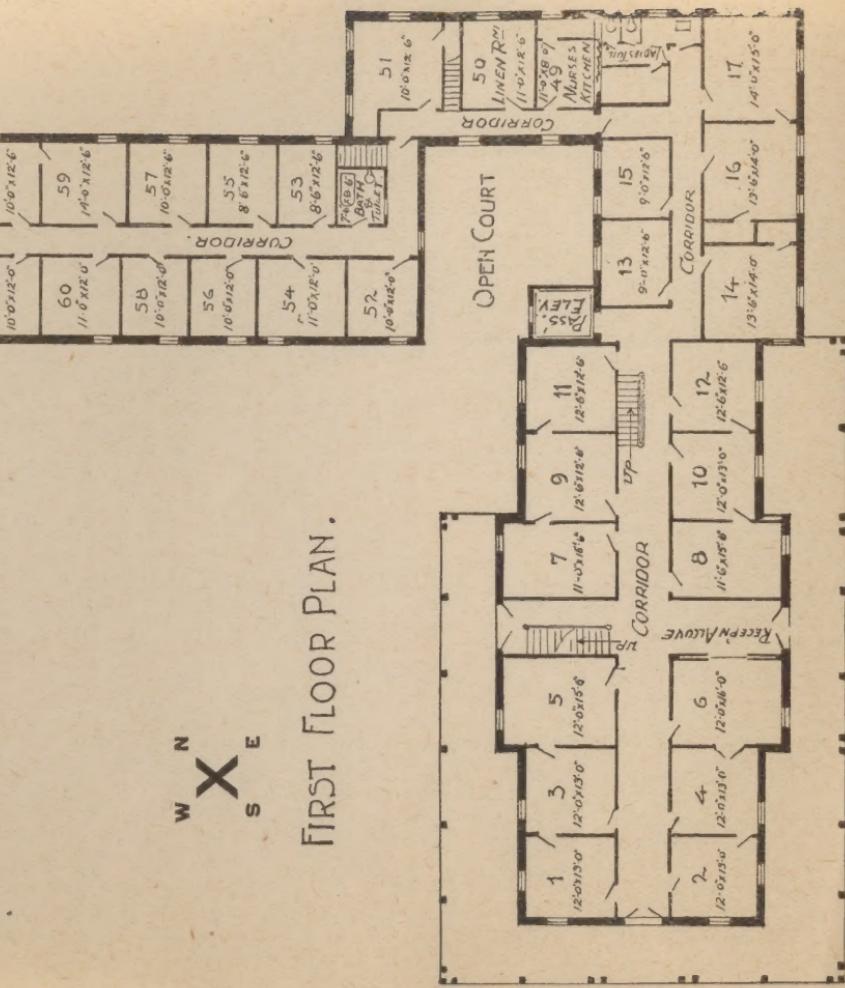


THIRD FLOOR PLAN.

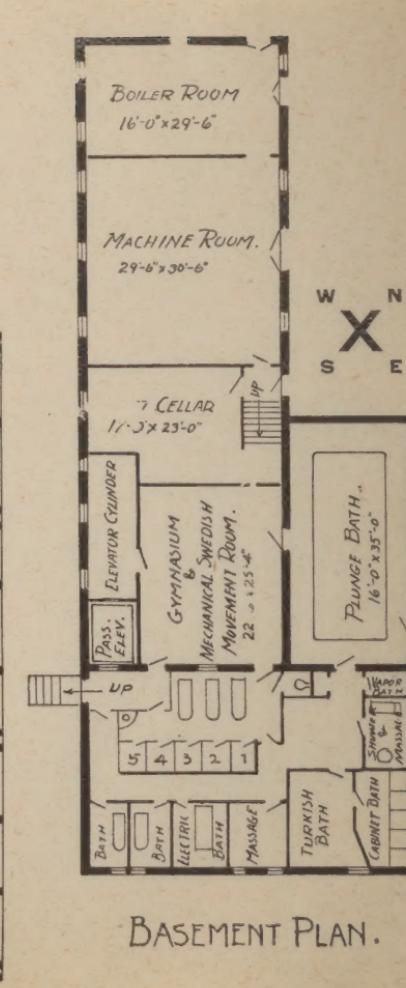
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SECOND FLOOR PLAN.



PARLOR FLOOR PLAN.



BASEMENT PLAN

How to Reach Palmyra

Palmyra, Wisconsin, is located on the line of the CHICAGO, MILWAUKEE & ST. PAUL RAILWAY, 118 miles from Chicago, and 42 miles west of Milwaukee. There are four trains each way from Chicago every day during the week and one on Sunday. These are through fast trains between Chicago and Milwaukee, making the trip a short and enjoyable one.

The Sanitarium bus will meet guests or patients at all day trains where due notice is given.

Information as to excursion rates, departure of trains from various points, etc., and for general information, time tables and folders, address

GEN'L PASSENGER AGENT
C. M. & ST. P. R'Y CO.,
CHICAGO, ILL.

Special Excursion Rates to the Sanitarium are on sale at all the important ticket offices in the country throughout the year.

CITY TICKET OFFICE, CHICAGO, 95 ADAMS ST.

